

Home Doctor

**The Home Doctor - Practical
Medicine for Every
Household**

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Maybell Nieves, Dr. Rodrigo Alterio, Claude Davis



**The Home Doctor - Practical
Medicine for Every
Household - is a 304 page
doctor written and
approved guide on how to
manage most health
situations when help is not
on the way.**

**If you want to see what
happens when things go
south, all you have to do is
look at Venezuela: no
electricity, no running water,
no law, no antibiotics, no
painkillers, no anesthetics, no
insulin or other important
things.**

**But if you want to find out
how you can still manage in
a situation like this, you
must also look to Venezuela
and learn the ingenious
ways they developed to
cope.**

About Dr. Maybell Nieves:

Dr. Maybell Nieves - head surgeon of the Unit of Breast Pathology and general surgeon at Caracas University Hospital in Venezuela, with over 10 years of experience in the operating room. She studied at the prestigious European Institute of Oncology in Milan, Italy.

Dr. Maybell is known for developing new, ingenious methods of treating patients after Venezuela's economy collapsed and hospitals and pharmacies ran out of medicines, supplies, electricity and running water.

The methods she developed and pioneered are now studied and applied in conflict zones all over the world.

Many of these protocols and procedures do not require medical assistance as they are specifically designed to be self-applied. That makes them extremely valuable if the medical system cannot be depended on, like during long term blackouts.

**You can find some of
these methods below!
As you read them, you
can easily understand
why they are so useful
and why every
household and family
should have them close
by. She co-authored the
book with Dr Rodrigo
Alterio and Claude
Davis.**

**This book is a unique guide
for the layman that you can
use when help is not on the
way or to manage common
ailments that don't require
seeing a doctor.**

**Let me show you just some
of the things you'll find
inside the Home Doctor:**

These supplies are not expensive and should still be available, but they tend to run out fast.



**In case you haven't realized
it yet, most of the medical
supplies and pills we take for
granted come from China
and India. This supply chain
is vulnerable and can be
interrupted by something
like an EMP**

**One of the 10 supplies
you should have in
advance is a painkiller
called Naproxen, which
is over the counter and
more powerful than
others like ibuprofen for
example.**



In Venezuela, electricity has turned into a rare and unpredictable commodity. They don't have it all the time, and blackouts have become a normal part of daily life.

Inside the Home Doctor, you'll also learn about the biggest medical mistakes you can make in a blackout and what to do with important medications that require refrigeration, like insulin or Humira.

If the pain is associated with meals, it improves with antacids or H₂ blockers, and there are no associated symptoms, it is likely to be a non-cardiac cause. The patient should be observed, but it is not an emergency. On the other hand, if the description of the rest of the questions points to pain of cardiac origin, it is important to contact you to make the diagnosis and initiate treatment.

If the pain becomes more severe with mild exertion, such as walking from one room to another, or does not improve, the degree of blockage may be serious, and you may need to be treated by a cardiologist at an emergency department.

Initial treatment of angina is done with agents that dilate the blood vessels so that oxygenation of the heart muscle is improved. Nitroglycerin is the most commonly used drug as the first step in treating the condition. If you suspect angina, contact you, and if you have this medicine at home, inform it so that you can start therapy before help arrives.

Myocardial infarction (heart attack)

A heart attack is damage that occurs to the heart muscle, or myocardium, when there is a complete blockage of the arteries that provide nourishment to it. The blockage is caused by atherosclerotic plaques or clots within the lumen of the coronary arteries.

When one of the atherosclerotic plaques or a clot becomes detached from the blood vessel, it travels through the coronary arteries to the point where it cannot pass because it is too large and causes a complete blockage, obstructing the blood supply to the myocardium.

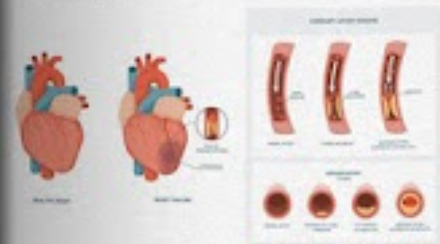
A heart attack occurs with very severe, oppressive pain in the chest. This pain becomes more intense as the minutes pass and is reflected in the left shoulder, neck, back, or jaw. In 70% of cases, the pain is accompanied by nausea, cold sweat, fatigue, and stomach pain.

The most important risk factors for a heart attack are below:

- High blood pressure
- Overweight, obesity (BMI ≥30 kg/m²)
- Smoking
- High blood cholesterol
- Diabetes
- Sedentarian



The diagnosis begins with the patient's medical history and symptoms. Once a heart attack is suspected, you should be called immediately. The electrocardiogram will show some changes that are specific to the electrical activity of the heart after the infarction. The definitive diagnosis is made through a laboratory test that reflects the elevation of specific heart muscle proteins that are released abnormally when the heart is damaged.



Aspirin for Heart Attack Prevention: Myth Vs. Reality

Something that my patients ask me a lot is if it is okay or beneficial to take a daily aspirin to prevent heart attacks and strengthen the circulatory system. The truth is that even though some people indicate this therapy as prevention, it is not for everyone.

Aspirin is a drug that prevents blood from clotting; my patients say it makes the blood "more liquid" and is good, so they do. This antithrombotic effect works in the case of ischemic pathology, when there are thrombi that have formed inside the blood vessels in the heart. However, we must remember that not all circulatory pathologies are ischemic; there are also hemorrhagic ones, for example, hemorrhagic stroke. In these cases, aspirin actually worsens the problem since it takes longer for the blood to reach the capillary sites.

If you suspect a myocardial infarction, the first thing you should do is call you, without postponing it. You should not be mislead by such information as available, such as the time the rules are used, and

Look at its four distinctive symptoms: first, chest discomfort that feels like uncomfortable pressure, squeezing, fullness, and pain in the middle of your chest that lasts for more than a few minutes.

The second symptom is discomfort or pain in one or both arms and your back, neck, jaw, or stomach.

**The third symptom is
shortness of breath.**

**The last thing you need to
watch out for is breaking
out in a cold sweat, nausea,
and lightheadedness.**

**These don't all come at
once, but if you see even
one or two, it's time to call
911.**

Another step you can take to improve your chances before the ambulance arrives is to chew on an aspirin and pour a vial of nitroglycerin under your tongue. But you need to have these two items at home beforehand.



**No country in the world has
had to use more expired
medication than Venezuela.**

Dr. Maybell and other doctors were able to see what happens firsthand, and it's almost guaranteed to surprise you: most medications you have in your medicine cabinet are good for years after their expiration dates; which medication is safe to take after its expiration date and which ones are not.

**So, pay close attention to
this chapter before you
throw away your so
called “expired”
medication.**

more info